

THE ST. LOUIS
REPUBLIC
SUNDAY,
FEBRUARY 19, 1903.



EXERCISES that make STOUT FIGURES SLENDER.



THIS SWAYING
MOTION
WILL REDUCE
THE
WAIST LINE.

THE
BEAUTIFUL
NECK AND
SHOULDERS OF
A WELL
FRAITORTUNED
FIGURE

WRITTEN FOR THE SUNDAY REPUBLIC.

The woman who was once comely and who has simply lost her good looks by years and care can get back what she has lost in a very little while.

It is such a simple matter to straighten the shoulders, make the hips slender and make the chest full, that one cannot help wondering why there are any poor figures in the world.

A stout woman stood the other day in the door of a fashionable shop. She nearly filled up the door. Her weight was enormous and her face, which might have been pretty once, had lost all expression. It was one great mass of fat, cheek and jowl. Her figure was perfectly round, front and back. She had no shape whatever, and had it not been for her belt you would never have guessed where her waist line lay.

Now, a woman with a figure like that should get to work upon it. She can reduce it wonderfully in a very short time, and in six months she can bring herself back to normal. She can make the awful roll of fat melt away from her chin, from her cheeks and from her neck. She can straighten her shoulders and she can make her hips and her abdomen nice. She can, in short, become girlish again. It does not take long. And it is not hard work.

She can diet and exercise. She need not lie flat upon the floor strapped to a board, and she need not take her food through a straw. But she can be moderate and temperate in her tastes and her appetites, with the result that she will grow better in figure.

Lying flat upon the floor is fine exercise for the fat woman, if she will lift her abdomen and try to exercise her hips and abdomen. She will find it almost unbearable to lie without a pillow, owing to the fat that has accumulated on her back. But if she can lie flat without a pillow and can kick her feet in the air for a short time every day she will find that she is much improved by the exercise.